

Monroe Street Pool Lap Swim Schedule 10/8/12 to 10/21/12 602-4685

<u>Mon Oct 8</u>	<u>Tues, Oct 9</u>	<u>Wed, Oct 10</u>	<u>Thurs, Oct 11</u>	<u>Friday, Oct 12</u>	<u>Sat, Oct 13</u>	<u>Sun, Oct 14</u>
6 – 7:30 am 5L 7:30 – 9:15 b 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 4 9L Thanks Chris C! 4 – 5 4L 5 – 6:30 4L 6:30 – 7 3L	6 – 7:30 am 5L 7:30 – 9:15 b 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 3L 5 – 6:30 3L	6 – 7:30 am 5L 7:30 – 9:15 g 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 1L 5 – 6:30 4L 6:30 – 7 3L	6 – 7:30 am 5L 7:30 – 9:15 b 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 2L 5 – 6:30 3L	6 – 7:30 am 5L 7:30 – 9:15 g 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 1L 5 – 6:30 4L 6:30 – 7 3L	8 – 9:15 4L 9:15 – 10 6L Ø 12 - 3 4L 3 – 6* 4L	10:15–12 3L 12 - 3 4L 3 – 4* 4L
<u>Mon, Oct 15</u>	<u>Tues, Oct 16</u>	<u>Wed, Oct 17</u>	<u>Thurs, Oct 18</u>	<u>Friday, Oct 19</u>	<u>Sat, Oct 20</u>	<u>Sun, Oct 21</u>
6 – 7:30 am 5L 7:30 – 9:15 b 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 1L Ø 5 – 6:30 4L 6:30 – 7 3L	6 – 7:30 am 5L 7:30 – 9:15 g 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 2:45 9L Ø CHS Boys' Water Polo Game vs Fallbrook 5 – 6:30 4L 6:30 – 7 3L	6 – 7:30 am 5L 7:30 – 9:15 b 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 1L Ø 5 – 6:30 4L 6:30 – 7 3L	6 – 7:30 am 5L 7:30 – 9:15 g 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 2:45 9L Ø CHS Boys' Water Polo Game vs Serra 5 – 6:30 4L 6:30 – 7 3L	6 – 7:30 am 5L 7:30 – 9:15 b 3L Ø 10:30–12 9L 12 – 1:30 5L 1:30 – 3 9L 3 – 4 1L Ø 5 – 6:30 4L 6:30 – 7 3L	8 – 9:15 4L 9:15 – 10 6L Ø 12 - 3 4L 3 – 6* 4L	10:15–12 3L 12 - 3 4L 3 – 4* 4L

The number followed by an "L" after each time is the number of lanes available (subject to change without notice).

Swimmers may be asked to move/change/switch lanes based on program need.

Recreation Swim times:

Monday - Friday: 12 to 3 pm and 4:45 to 6:30 pm – shallow square only

Weekends: 12 to 3 pm – shallow lane & square, diving boards and deep play area only open if sufficient demand (6>) * shallow square open until end of lap swim

See Other Side/Next Page!

User Code of Conduct

- All participants, spectators, coaches, officials or anyone using the facility must comply with the directions of the Aquatic staff at all times.
- All persons shall **refrain from** engaging in any **verbal or abusive attack** towards or against any staff, patron, participant, coach, official or any person using the facility.
- All persons shall **refrain from** using **inappropriate language**, including but not limited to foul, abusive, vulgar, profane, or obscene language or mannerisms.
- All persons shall **refrain from striking, shoving or threatening to harm** or strike any staff, patron, participant, coach, official or any person using the facility.
- All persons shall *abide by all posted rules*, and **behave in a safe manner** while occupying the facility.

Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, which results in better safety for all users. **When you hear a prolonged blast of an air-horn or whistle, please exit the pool as directed by staff.** Your cooperation is necessary and appreciated.

LAP SWIMMING ETIQUETTE

As lap swim lanes can be busy, we have a system to make your swim easier, more enjoyable and avoid disputes.

1. Signs on the north pool deck designate slow, medium and fast lanes. If lanes are not designated, always presume the deeper lanes are fast and shallow lanes are slower.
2. Select the proper lane for your ability. **Talk** with the lifeguard on duty to get into the right lane for you. When entering an occupied lane, **communicate** with the other swimmer(s), especially when joining a lane where two swimmers have split the lane (helps eliminate head-on collisions).
3. If two people are sharing a lane, they may swim on separate sides of the lane. When a third person enters the lane he/she will need to **inform** the others they need to switch to a circle swimming pattern (on the right side of the lane in a counterclockwise direction).
4. Swimming with people of similar speeds eliminates the need to pass. If you do wish to pass a swimmer, gently tap their foot and they should allow you to pass once they reach the wall.
5. If you are sharing a lane with someone not observing the proper procedures, **ask the lifeguard for assistance** – don't assume they are aware of the problem.
6. Hard hand paddles are only allowed if you are the only person using the lane. As soon as a second person enters, they need to be removed to prevent injury to other swimmers.

NOTE that failure to comply with these basic but critical rules will result in the loss of swimming privileges!